

effective October 11, 2021		Group Fitness Schedule				Located at the Stow Shopping Center 978-897-5300	
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
	5:30am POWER Janice Gym Studio						
7:00am AIDE Kelly Gym Studio, Zoom, FB LIVE						7:15am AIDE Janice Gym Studio, Zoom, FB LIVE	
			7:30am AIDE Kelly Gym Studio, Zoom, FB LIVE		7:30am AIDE Michelle Gym Studio, Zoom, FB LIVE		
8:00am fight Andrew Gym Studio, Zoom, FB LIVE	8:00am R30 Natalie Gym Studio, Zoom & FB LIVE	8:00am BLAST Karen Gym Studio, Zoom & FB LIVE		8:00am POWER Andrew Gym Studio, Zoom, FB LIVE		8:15am CENTERGY Krissy Gym Studio, Zoom, FB LIVE	
	8:30am CORE Natalie Gym Studio, Zoom & FB LIVE				8:25am fight Pamla Gym Studio, Zoom, FB LIVE		
					8:45am BLAST Natalie Zoom		
9:15am POWER Andrew Gym Studio, Zoom, FB LIVE		9:15am AIDE Michelle Gym Studio, Zoom, FB LIVE	9:15am ACTIVE Laura Gym Studio, Zoom, FB LIVE	9:15am BLAST Andrew Gym Studio, Zoom, FB LIVE			
					9:30am POWER Pamla Gym Studio, Zoom, FB LIVE	9:30 AM BLAST Lori Gym Studio, Zoom, FB LIVE	
10:30am(60 min) Hatha Yoga* Valerie Gym Studio, Zoom	10:30am CENTERGY Cindy Gym Studio, Zoom, FB LIVE	10:30am Yoga* Cindy Zoom	10:30am CENTERGY Laura Gym Studio, Zoom, FB LIVE	10:30am ACTIVE Karen Gym Studio, Zoom, FB LIVE			
					10:45am ACTIVE Becky Gym Studio, Zoom, FB LIVE		
						11:00am groove Becky Gym Studio, Zoom, FB LIVE	
				11:45am Restorative Yoga* Cindy Gym Studio, Zoom			
	12:00pm ACTIVE Cindy Gym Studio, Zoom, FB LIVE	12:00pm Pilates* Meg Zoom			12:00pm (begins 10:30) CENTERGY Heather Gym Studio, Zoom, FB LIVE		
						4:00pm Flow Yoga* Rotation Gym Studio, Zoom	
4:40pm Pilates* Krissy Gym Studio, Zoom	4:40pm Yoga* Cindy Gym Studio, Zoom	4:40pm ACTIVE Becky Gym Studio, Zoom, FB LIVE	4:40pm Yoga* Cindy Zoom	4:30pm AIDE Lorie Zoom			
5:30pm ACTIVE Natalie Zoom							
		5:45pm CENTERGY Heather Zoom		5:45pm (once a month) Yoga* Cindy Gym Studio, Zoom, FB LIVE			
6:15pm POWER Lori Gym Studio, Zoom, FB LIVE	6:15pm HYBRID POWER Lori Gym Studio, Zoom, FB LIVE	6:15pm POWER Lori Gym Studio, Zoom, FB LIVE	6:15pm groove Jackie Gym Studio, Zoom, FB LIVE				
		7:30pm Yin Yoga* Janet Gym Studio, Zoom, FB LIVE	7:30pm Gentle Yoga* Valerie Gym Studio, Zoom, FB LIVE		Club Hours Monday - Thursday: 5am - 10pm Friday: 5am - 9pm Saturday/Sunday: 7am - 8pm		
	7:45pm CENTERGY Krissy Gym Studio, Zoom, FB LIVE						

* Designates class is available on-demand at stowfitnesscenter.com/on-demand-workouts/
NOTE: Participants should bring a personal workout/yoga mat to In-Person Classes